



Helping Your Child Heal (After the Affair Book 4)

Jeff Murrah

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Many parents' heart-wrenching concern, even more than for themselves, is their children. How will this affair affect their children? What can they do to ease the pain? It's hard enough on you, but what about the little lives of your children?

For the most part, children generally show flexibility and can survive the changes. Although they survive the affair, the effects of what happened still need to be worked through. Since many affairs are often followed by the dissolution of the marriage by divorce, it will need to be considered as well. Some children have more difficulty adjusting to the difficulties associated with the divorce than the affair itself.

Since affairs inflict damage that is not always seen, the real effects of the affair may not be fully seen and understood for many years. This means that parents cannot judge that their children are adjusting well to the affair just because they do not see highly emotional responses to it. Many times the children want to stay calm as a way of dealing with the reactions going on in the home.

Affairs often damage the emotional foundation of people in terms of relationships, sexuality, trust, morality and gender roles. The ability to adjust also has a cultural component as well. Some cultures are more accepting of affair behavior. In those circumstances, the affair behavior is tolerated, although the toleration does not mean it is problem-free. Although some cultures tolerate affairs, it does not mean that they are immune from the effects in the areas of relationships, trust, etc.

Many parents do not know what to look for or what to do with their children in response to affairs. This guide will help those parents and others in dealing with the effects of affairs and their aftermath on their children. Since affairs involve so many behaviors and emotions from each of the parties involved, the reactions to them often become muddled and confused.

As a parent, trying to deal with a muddled mess is frustrating, since it is not clear where to begin. I enjoy baking bread. There were times, however, when I made mistakes, which resulted in a baked, dry, hard lump. On tasting the muddled mess of a lump, it was difficult to figure out what went wrong. It was only when I reviewed or broke down what I did, step by step that I discovered the missing ingredients or procedures. As parents, the effects of the affair can be dealt with, yet it requires that you break down step by step what you did or didn't do that you needed to do.

In this ebook, Jeff answers the questions he is most frequently asked:

- * How does the affair affect my children?
- * How should I talk about the affair with them?
- * Should I talk about the affair with them?
- * What can I say to them?

These questions and more are sensitively addressed. You will learn

- * How to repair the breach of trust your child may be experiencing
- * How to help your child sort out the confusion of "right and wrong" regarding the affair

- * How to deal with the emotional chaos of the affair
- * How to respond when your child rebels or 'acts out'
- * How to rebuild the broken communication between you and your children
- * How to work through the feelings of not being 'good enough' your child is feeling
- * How to re-establish trust among the family
- * How to make child custody issues less threatening to your children

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